



ASIST

Applied Suicide Intervention Skills Training

Do you come into contact with Service or Family Members at risk of suicide?

ASIST is a two-day, intensive suicide intervention skills-training workshop aimed at those who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. **ASIST** provides practical training and is suitable for anyone in a caring role or working with vulnerable people, from teenagers upwards.

This training is aimed at:

- Medical/dental health professionals
- Counsellors and therapists
- Emergency service workers
- Chaplains and chaplain assistants
- Anyone who cares about helping a suicidal person

Course Outcomes

The **ASIST** workshop puts emphasis on suicide first aid and on helping a person at risk stay safe and seek further help. This workshop will enable you to:

- Recognize invitations for help
- Reach out and offer support
- Review the risk of suicide
- Apply a suicide intervention model

The DEARNG is seeking interested M-Day (traditional) personnel and Family Members interested in becoming **ASIST** certified. Command chain approval is required for Service Members to attend.

ASIST is the Army-approved intervention training for Gatekeepers (personnel most likely to come in contact with suicidal persons).

Course Dates and Venues*:

AFRC Dates: Monday 14th & Tuesday 15th December, 2015

Thursday 25th & Friday 26th February, 2016

Thursday 26th & Friday 27th May, 2016

Venue: Armed Forces Reserve Center, 250 Airport Rd., New Castle, DE

SRC Date: Thursday 21st & Friday 22nd July, 2016

Venue: Smyrna Readiness Center, 103 Artisan Drive, Smyrna, DE

All courses are 0830-1630 hrs.

For more information and to pre-register please contact:

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The course requires attendance on BOTH (TWO) days. Class size is limited; pre-registration is required to attend, no walk-ins will be accepted. **Limited funding available through G-1.*